

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 49: Weight Loss and Dieting Practices of California Adolescents

During the past 30 days, have you done anything to try to lose weight?

During the past 30 days, what is the most common thing you do to try to lose weight? Would you say: go on a diet, fast, exercise or workout, smoke, or some other way?

Are you dieting to lose weight now?

	Tried to Lose Weight Past 30 Days, Percent of Adolescents	Currently Dieting to Lose Weight, Percent of Adolescents	Practices Adolescents Reported Using to Lose Weight	
			Exercise/Working Out	Other ¹
Total	36	11	85	15
Gender				
Males	30 ***	6 ***	95	5 ***
Females	43	15	78	22
Ethnicity				
White	31 *	8 **	85	15
African American	38	13	79	21
Latino	41	14	88	12
Asian/Other	38	9	79	21
Gender by Age				
Males				
12-13	36 ***	7	94	6
14-15	34	7	98	2
16-17	20	5	92	8
Females				
12-13	38	14	84	16 **
14-15	47	17	66	34
16-17	43	15	85	15
Smoking Status				
Non-Smokers	36	11	86	14
Smokers	32	12	79	21
Physical Activity Status				
Regular	35	10	88	12 **
Irregular	38	12	75	25
Overweight Status				
Not at Risk	27 ***	7 ***	86	14
At Risk/Overweight	62	22	82	18

¹ Includes "Going on a Diet", "Fasting", and "Smoking".

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

* p<.05

** p<.01

*** p<.001